



52. Brockenlauf Ilseburg / 02.09.2023

0000

Hänel, Thomas

00: No f*cking X-Cuses

00: 163

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 2:36:56

00: 9.94 km/h

0000: 5:59 min/km

00000/000: 186 (of 537)

00000/0: 169 (of 440)

000000: 1:41:44

00000: 24(of 47)

0000000: 1:41:44

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	19:25	5:53	31	7:13	204	7:13	3.30	19:25	5:53	31	7:13	204	7:13	
Schlüsse	3.10	20:13	6:31	26	6:49	158	6:49	6.40	39:38	6:11	28	14:02	172	14:02	
Hermannsklippe	2.60	17:23	6:41	20	5:29	130	5:29	9.00	57:01	6:20	23	19:31	150	19:31	
Brocken	3.10	30:24	9:48	24	12:11	181	12:11	12.10	1:27:25	7:13	22	31:42	161	31:42	
Eiserner Handwe	3.60	17:42	4:54	13	5:06	111	5:06	15.70	1:45:07	6:41	21	36:48	148	36:48	
Schlüsse	4.10	18:45	4:34	28	6:48	213	6:48	19.80	2:03:52	6:15	22	43:36	154	43:36	
Loddenke	3.10	15:52	5:07	35	5:48	262	5:48	22.90	2:19:44	6:06	23	49:24	160	49:24	
Ilseburg/Markt	3.30	17:12	5:12	30	5:48	231	5:48	26.20	2:36:56	5:59	24	55:12	169	55:12	